



# May 2019

Arroyo Grande Wellness Center  
 "Safe Haven"  
 203 Bridge St. Arroyo Grande, CA 93420  
 (805) 489-9659

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>If you are interested in becoming a member, please give us a call to schedule an appointment and tour.            (805)489-9659</p>	<p>Life Happens!            All events subject to change!            Please RSVP for all outings/events.  <u>Doors close 10 minutes after group begin</u></p>	<p>1            Center Closed            See you Tomorrow</p> <p></p>	<p>2            10-11 What am I waiting for?            Overcoming Procrastination            11-12 Fresh Air and Hummus  <b>12-1:30 Yoga</b>            2-4 Wellness Recovery Action Plan (WRAP)</p>	<p>3            Center Closed for Staff Training</p>	<p>4  <b>8:30-12:30</b>  <u>NAMI Beautiful Minds Walk @Laguna Lake</u></p>
<p>6            10- 11 Room for Improvement: Self-Care  <b>11:30-12:30 Listening for Insights with Zazz Daniel</b>  <b>12:30-2 Palo Mesa Pizza</b>            2-4 Documentary &amp; Discussion: "Kansas: Miracles Out of Nowhere"</p>	<p>7            10-1 Frisbee Golf Outing -bring a Lunch ☺  <b>1-2 Men's Group</b>  <b>2-4 Job Club</b></p>	<p>8            10-11 Women's Group            11-12:30 Starbucks &amp; Calendar Brainstorm  <b>1-2 Coping with Depression</b>            2-4 Mandalas by Grover Beach</p>	<p>9  <b>10-11 Heads and Hearts</b>  <b>12-2 Life House Open House</b>            2-4 WRAP</p>	<p>10            Center Closed for Staff Training</p>	
<p>13            10-11 Coping with Voices            11-12 Rock Out Hour            12-4 Del Taco &amp; Rancho Bowl</p>	<p>14            10-11 Coping w/Anxiety            11-1 Taco Tuesday  <b>1-2 Men's Group</b>  <b>2-4 Job Club</b></p>	<p>15            10-11 Women's Group            11-12 Beading  <b>12-4 Hope House Open House &amp; Target</b></p>	<p>16            10-11 Generating Positive Energy            11-12 Let's Do Lunch  <b>12-1:30 Yoga</b>            2-4 Popcorn, Movie &amp; Discussion</p>	<p>17            11-1 Dinosaur Park  <b>1-2 Coping with Bipolar Disorder</b>            2-3 Planning Committee</p>	<p>Saturday 18  <b>10-12 NAMI Family to Family Support Group @ Safe Haven</b></p>
<p>20            10-11 Coping with Voices  <u>11:30-12:30 Listening for Insights with Zazz Daniel</u>  <b>12:30-4 Open Art Studio</b></p>	<p>21            11-12 Coffee and Bagels  <b>12-5 Lompoc Unity Event Talent Show</b>  <b>2-4 Job Club</b></p>	<p>22            10-11 Women's Group            11-1 Trader Joe's and Picnic at the Park  <b>1-2 Coping with Depression</b>            2-4 Open House Prep</p>	<p>23            10-11 Honey Roast            11-12 Open House Prep  <b>12-1:30 Yoga</b>            2-4 WRAP</p>	<p>24            11-12 Open House Set Up  <b>12-3 Safe Haven Open House</b>            3-4 Open House Clean Up</p>	
<p>27            Center Closed For Memorial Day            See you Tomorrow ☺</p>	<p>28            10-11 Coping w/Anxiety            11-12 Walking for Wellness            12-1 Iced Coffee &amp; Open House Recap  <b>1-2 Men's Group</b>  <b>2-4 Job Club</b></p>	<p>29            10-11 Women's Group            11:30-12:30 Rock Out Hour  <b>1-2 Coping with Depression</b>            2-4 Thrift Store Shopping</p>	<p>30  <b>10-11 Embracing Loneliness</b>            11-12 Let's Do Lunch  <b>12-1:30 Yoga</b>            2-4 WRAP</p>	<p>31            11-1 Cooking Class: Baked Ziti  <b>1-2 Coping with Bipolar Disorder</b>  <i>2-3 Mindful Meditation</i></p>	